

## MULTIDIRECTIONAL LUNGES



This activity expands Clock Stepping, which was shown in chapter 6 (page 192).

### ***Benefits »***

- ⦿ Enhances agility and coordination.
- ⦿ Develops leg strength in multiple planes of movement.
- ⦿ Practices multidirectional stepping for safer everyday mobility.

### ***Set It Up »***

Create an imaginary clock by placing lines of tape on the floor in a starburst pattern. The lines represent most hours on a clock. Each line should be about a yard (meter) long to allow for various lunge lengths. Participants stand in the center of this clock.

### ***How to Do It »***

- ⦿ Rock around the clock.
  - Participants step out to do a lunge on each line.
  - Between each lunge, they return to the center.
- ⦿ Progress to doing three different lunges before returning to the center. (Move from one point on the clock to the next—don't go back to the center between lunges.)
- ⦿ Progress to where you can call out all directions randomly.
- ⦿ Small lunges at first, then deeper lunges when they are ready.
- ⦿ Do frequent posture checks (no forward leaning, trunk stays upright, front knee is over front ankle when lunging).

### ***Give It More Balance »***

- ⦿ Challenge participants to step farther out on the radiating lines.
- ⦿ Make lunges happen a little quicker.
- ⦿ Challenge them to reach opposite hands out past their lunging knees.
- ⦿ Cue with a cadence that creates a pace they must follow.
- ⦿ Consider using music. The rhythm will help them anticipate the next move.

### ***Keep It Safe »***

This is an advanced activity. Start with the easiest marks first. Numbers to the side and front, then back, and then those that require crossing over. Perfect one movement before moving on to another. Hold their hands or forearms as needed.

### ***Live It »***

Multidirectional lunges are difficult, but they will help participants handle unexpected balance challenges.